



Whale of Trail 53km - 15 Weeks (Cut off time = 10 hours, 3 aid stations)

	Easy run	Speed	Strength/Easy Run	Longer Intervals	Rest Day	Long Run	Easy Run		
Weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total (hrs)	
9 June - 15 June 7	50min easy run	18min WU (600, 500, 400) x2 1min recovery running between 15min CD	30min Easy trail run & 30min strength	15min WU 8x200m hills Easy jog down 15min CD	Rest	3h/±20k Trail Run - distance focused. Choose a more runnable terrain instead of long climbs.	60min easy run - jeep track or flat trail route. <i>Recovery run</i>	7h35	Build The cut-off means you still need to be able to move at a reasonable pace between climbing sections! Runnable long runs and speed sessions will assist you in building that speed.
16 June - 22 June 6	50min easy run	15min WU. 5x200m. 4x300m. 3x200m 50sec recovery run between reps 15min CD	45min Strength (strength endurance) or do a 45min weighted hike with a backpack (7% to 15% of your body weight)	20min WU 2min hard, 80sec easy 4 reps 20min CD	Rest	3h30 on trail with 1200m climbing. Choose a run with multiple 200-300m ups and downs. <i>Run with your race day gear, test your nutrition!</i>	60min easy run - jeep track or flat trail route. <i>Recovery run</i>	8h15	Build Trail running is after all, an uphill sport! Don't neglect the climbing element of your training. Whale trail has multiple short climbs. Try to simulate those sort of short climbs in your training.
23 June - 29 June 5	1 hour easy on trail	20min WU 10x400m 60sec recovery in between 20min CD	45min Strength (strength endurance) & 30 minute warm up run	25min WU 5x20sec + 12x10sec hills Easy jog down between reps 20min CD	Rest	Race Day Simulation Run: A day in the mountains, 4 to 5 hours on trail . +- 35km with +1400 of climbing. Keep it easy.	10min WU Walk into slow jog Do 3km at tempo pace (around 20 to 30s/km slower than your 5k race pace). 10min CD	9h15	
30 June - 6 July 4	40min easy run & get a sports massage after the weekend's training	20min WU 14x200m 45sec recovery 20min CD	Easy 30min cycle or low impact cardio workout	30min WU 20 reps of 25sec hard (8/10 effort) 35sec recovery (5/10 effort) 20min CD	Rest	3h30 hour long run with +900m climbing. Vert focused session, preferably 2 summits followed by a long section on the beach, as is found in the Whale trail route. Run with your race day gear and nutrition	Rest & recover Cross training - <i>no running.</i>	6h40	Recovery Feet up where you can. Support your immune system and enjoy the week with shorter sessions and the rest days. Prioritize getting a sports massage.

Get in touch with us for a personal coaching over here: alpasfit.com. We love helping you to Whale and beyond!

